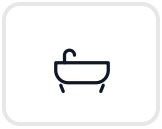
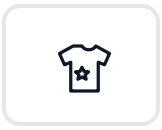
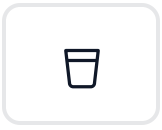
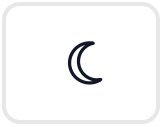
Bedtime Routine

Start at about the same time each night and follow the steps in this order.

1		Take a bath	☐
2		Put on pajamas	☐
3		Brush teeth	☐
4		Drink of water	☐
5		Story time	☐
6		Lights out	☐

Keep story time quiet and the room dim, so your child is settled when the lights go off. If your child takes a bath in the morning, cross that step out or cover it with a cut-out card.

Alpaca Health matches families with a Board Certified Behavior Analyst (BCBA) for ABA therapy and handles the insurance paperwork.

Start your intake at secure.alpacahealth.io/signup →

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